

# RSHAPPENINGS

*The official newsletter of Richmond State Hospital*



<https://www.in.gov/fssa/dmha/3305.htm>

March 2020

## Our Mission:

To provide individualized patient care as the center of all we do.

## Our Values:

Recovery  
Strength  
Hope

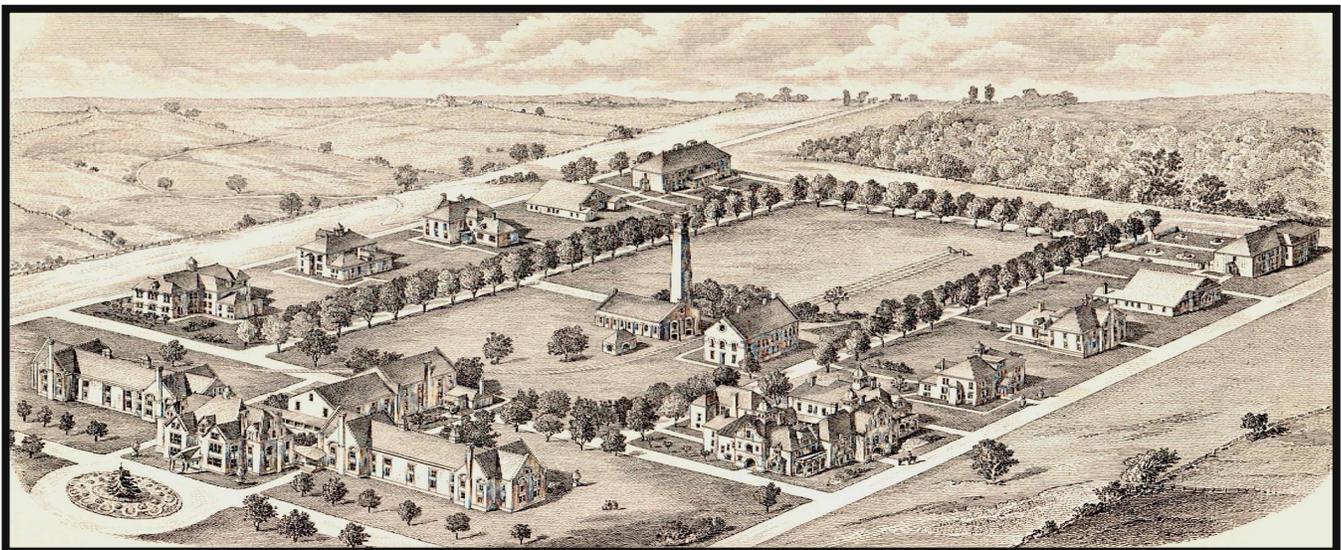
## Our Vision:

To be a Center of Excellence that meets the evolving public health and patient care needs through:

Community Partnerships  
Innovation  
Technology  
Evidence-based Practice

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# Superintendent's Message

By Katrina Norris, LCSW, LAC

We know this time is challenging for RSH and frankly across the state of Indiana. The outbreak of COVID-19 has created not only a physical public health crisis, but also an increased need for mental health and substance use services. For the past few weeks, the directives from DMHA and FSSA have been changing by the hour to meet the needs of facilities like ours, as well as our community partners. In these unprecedented times, we must continue our services by any means necessary to assure the wellness of our patients and staff.

One evolving item is the increase in the use of technology, like making almost all meetings virtual and the use of tele-health. Things will continue to change and we will all see things we have never before seen. Another example is the child care option for our staff. This was one of the fastest projects I have ever seen in my career. The work was intensive and fast-paced, yet no one complained. It was merely a “we have to take care of our staff”. I am proud of each and every person that was involved in making this a resource for our staff.

Right now, physical and social distancing is extremely important, though for most of our patients, this can be extremely harmful. The Center for Disease Control and Prevention recommends that individuals with preexisting mental health conditions continue their treatment during the pandemic and be aware of possibly worsening symptoms caused by increased stress and anxiety. This is why we have attempted to keep normalcy for the patients to the best of our ability.

I know many questions have remained unanswered during this time, and I apologize for not having answers. I do know this: ***everyone reacts differently during stressful times***. Please be patient and kind to everyone and share the resources you have with your family, your friends and your co-workers. I assure you, we are in this together - we must be, because if not, we will continue to suffer.

# New Employees



Dorene Hayes  
Psych Services Specialist



Lea Crabtree  
RN



Cecelia Crowe  
RN



Dashell Tout  
LPN



Ruth Berry  
BHRA



Morgan Cook  
BHRA



Brigette Corn  
BHRA



Cheyenne Henry  
BHRA



Monica Hiner  
BHRA

# New Employees (Continued)



Madison Isaac  
BHRA



Sierra Isaac  
BHRA



Heather Johnson  
BHRA



Kristen Kates  
BHRA



Brandon Leavell  
BHRA



Casey Lowery  
BHRA



Kerri Sartain  
BHRA



Sherry Taylor  
BHRA



Tammy Wheeler  
BHRA

# Nursing Employee of the Month

Congratulations to Lysta Guess, who was selected as February's Nursing Employee of the Month!

Lysta works on 421B and was nominated by multiple supervisors for her positive attitude and demeanor. There were comments that she knows her patients well and strives to give the best care, she works well with others, she keeps staff aware of what is going on, makes staff feel welcomed, and that she does all while remaining calm & patient.

Thank you, Lysta for all you do. Enjoy your parking spot!



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## Grass Roots Update

**RSH Cookbook** - The best recipes come from old family secrets. Share yours for 50% off your, soon to come, RSH cookbook and a free jean pass. Submit recipes to Rachelle Woods (Rachelle.Woods@fssa.in.gov) by March 31, 2020.

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## Patient Self-Care Day

Richmond State Hospital patients enjoyed a day dedicated to self-care on January 29. The RT and PSS departments presented "2020: A Vision of Health." Six sessions focused on different types of health care: hygiene, relaxation, spiritual health, nutrition, nail care, and fitness. Meijer donated food for the healthy snack demonstration, which featured games and advice on what snacks are best to buy from the canteen. Radford's also provided granola bars for the patients. Patients who attended each session received a t-shirt for their participation. Attendance was high across the hospital. 422B has now instituted a daily program of quiet reflection inspired by the relaxation exercise.



If you have an idea or suggestion for RSHappenings, please email [Jessica.Guth@fssa.in.gov](mailto:Jessica.Guth@fssa.in.gov)